



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 20037, Rice, brown, long-grain, cooked

Report Date: June 27, 2017 04:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	70.27	--	0.489	68.8	72.4	4.0	68.912	71.63	1	Analytical or derived from analytical	--	04/2015
Energy	kcal	123	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Energy	kJ	514	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Protein ¹	g	2.74	--	0.049	2.58	2.95	4.0	2.608	2.882	1	Analytical or derived from analytical	--	04/2015
Total lipid (fat) ¹	g	0.97	--	0.031	0.9	1.1	4.0	0.88	1.054	1	Analytical or derived from analytical	--	04/2015
Ash ¹	g	0.44	--	0.020	0.37	0.5	4.0	0.381	0.492	1	Analytical or derived from analytical	--	04/2015
Carbohydrate, by difference	g	25.58	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fiber, total dietary ¹	g	1.6	--	0.050	1.3	1.7	1.0	0.951	2.229	1	Analytical or derived from analytical	--	04/2015
Sugars, total ¹	g	0.24	--	0.042	0.2	0.3	1.0	-0.291	0.774	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.24	--	0.042	0.2	0.3	1.0	-0.291	0.774	1	Analytical or derived from analytical	--	04/2015
Glucose (dextrose) 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Fructose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Lactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Maltose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Galactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Starch 1	g	24.79	--	0.210	24.5	25	1.0	22.128	27.453	1	Analytical or derived from analytical	--	04/2015
Minerals													
Calcium, Ca 1	mg	3	--	0.091	3	3	4.0	2.736	3.239	1	Analytical or derived from analytical	--	04/2015
Iron, Fe 1	mg	0.56	--	0.031	0.47	0.69	4.0	0.479	0.651	1	Analytical or derived from analytical	--	04/2015
Magnesium, Mg 1	mg	39	--	1.607	32	42	4.0	34.906	43.829	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1	mg	103	--	4.503	83	114	4.0	90.788	115.791	1	Analytical or derived from analytical	--	04/2015
Potassium, K 1	mg	86	--	3.907	68	94	4.0	74.744	96.437	1	Analytical or derived from analytical	--	04/2015
Sodium, Na 1	mg	4	--	0.000	4	4	--	--	--	1	Analytical or derived from analytical	--	04/2015
Zinc, Zn 1	mg	0.71	--	0.036	0.58	0.85	4.0	0.615	0.814	1	Analytical or derived from analytical	--	04/2015
Copper, Cu 1	mg	0.106	--	0.011	0.07	0.14	4.0	0.076	0.136	1	Analytical or derived from analytical	--	04/2015
Manganese, Mn 1	mg	0.974	--	0.067	0.7	1.11	4.0	0.789	1.159	1	Analytical or derived from analytical	--	04/2015
Selenium, Se 1	µg	5.8	--	0.126	4.9	9.6	1.0	4.189	7.383	1	Analytical or derived from analytical	--	04/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin 1	mg	0.178	--	0.017	0.16	0.2	1.0	-0.035	0.392	1	Analytical or derived from analytical	--	04/2015
Riboflavin 1	mg	0.069	--	0.001	0.07	0.07	1.0	0.053	0.085	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1	mg	2.561	--	0.147	2.28	2.79	1.0	0.697	4.424	1	Analytical or derived from analytical	--	04/2015
Pantothenic acid 1	mg	0.380	--	--	0.37	0.39	1.0	--	--	1	Analytical or derived from analytical	--	04/2015
Vitamin B-6 1	mg	0.123	--	0.000	0.12	0.14	--	--	--	1	Analytical or derived from analytical	--	04/2015
Folate, total 1	μg	9	--	0.126	9	9	1.0	7.141	10.337	1	Analytical or derived from analytical	--	04/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	9	--	0.126	9	9	1.0	7.141	10.337	1	Analytical or derived from analytical	--	04/2015
Folate, DFE	μg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Choline, total 2	mg	9.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine 2	mg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Vitamin E (alpha-tocopherol) ¹	mg	0.17	--	--	0.16	0.18	--	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Tocopherol, gamma ¹	mg	0.05	--	--	0.04	0.08	--	--	--	1	Analytical or derived from analytical	--	04/2015
Tocopherol, delta ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) ¹	µg	0.2	--	--	0.2	0.3	--	--	--	1	Analytical or derived from analytical	--	04/2015
Lipids													
Fatty acids, total saturated	g	0.260	--	--	--	--	--	--	--	1	Calculated or imputed	--	04/2015
4:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
6:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
8:0 ¹	g	0.002	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
10:0 ¹	g	0.015	--	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	04/2015
12:0 ¹	g	0.002	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
14:0 ¹	g	0.009	--	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2015
15:0 ¹	g	0.002	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
16:0 ¹	g	0.198	--	--	0.2	0.21	--	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:0 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:0 1	g	0.022	--	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:0 1	g	0.004	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:0 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
24:0 1	g	0.005	--	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total monounsaturated	g	0.369	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
14:1 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
15:1 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
16:1 undifferentiated 1	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
16:1 c 1	g	0.001	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 t ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
17:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:1 undifferentiated ¹	g	0.365	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:1 c ¹	g	0.365	--	--	0.35	0.37	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:1 t ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:1 ¹	g	0.003	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:1 t ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
24:1 c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.366	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
18:2 undifferentiated ¹	g	0.355	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:2 n-6 c,c ¹	g	0.355	--	--	0.35	0.36	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:2 CLAs ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:2 t not further defined ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:3 undifferentiated ¹	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.011	--	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:3 n-6 c,c,c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:3i ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:4 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
20:3 n-6 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:4 undifferentiated ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA) ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
22:4 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:5 n-3 (DPA) ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA) ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989

Amino Acids

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.214	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.097	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.196	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.242	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	0.526	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.121	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Isoflavones													
Daidzein ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ³	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

³Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. Daidzein and genistein content of cereals., 2002 Euro. J. Clin. Nutr. 56 pp.961-966